

The "Lit" in Fit & Lit



Fit & Lit is a program that is designed to establish healthy habits, in literacy and fitness, for a lifetime. The "Lit" part is "Literacy". To promote reading we want you to record, on the back of this sheet, the amount of time you read. It is a fun way to keep track of your reading and earn tokens!

You will notice that on each sheet the student will write his full name, grade and classroom teacher. All you have to do is record the date and title and then color in a book for every 20 minutes of reading. Once all the books are colored in, turn in the sheet and you earn a book token! All sheets must be signed by a parent/guardian and dropped off in the CES Library. A special box for both Fit and Lit sheets will be provided and extra sheets will be available for the taking.



Please start turning those pages and
moving those feet.